DOCUMENT RESUME

ED 400 484 CG 027 356

AUTHOR Kottler, Jeffrey A.
TITLE Self-Guided Exploration for Introduction to Therapeutic Counseling. Third Edition.
REPORT NO ISBN-0-534-34042-3
PUB DATE 96
NOTE 90p.; For the corresponding textbook, see CG 027 355.
AVAILABLE FROM Brooks/Cole Publishing Company, 511 Forest Lodge Road, Pacific Grove, CA 93950 ($19).
PUB TYPE Guides - Classroom Use - Instructional Materials (For Learner) (051) -- Tests/Evaluation Instruments (160)

EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS Counseling; *Counseling Psychology; Counseling Techniques; Counseling Theories; *Counselors; *Counselor Training; Education; Higher Education; Instructional Materials; *Psychotherapy; Therapy; Workbooks

ABSTRACT

Although written to accompany a particular textbook, this student workbook may be used in conjunction with a number of different introductory texts and courses that orient beginners to the profession of counseling. It is intended to supplement class material. Because counselor training involves more than mastering a set of skills, a collection of theories, and a body of research, this workbook is designed to help the student personalize the concepts so that the material becomes more dynamic and more relevant. The various exercises encourage students to apply counseling theory and techniques into their lives and to experiment with new ways of behaving. The text is divided into four parts: (1) The Professional Counselor; (2) Counseling Antecedents and Approaches; (3) Applications of Counseling; and (4) Professional Practice. Part one explores therapeutic counseling, looks at the historical and conceptual foundations of counseling, and provides exercises for analyzing the therapeutic relationship. In part two, various counseling approaches and styles are explored while part three looks at different types of counseling, such as group counseling, career counseling, marital counseling, family counseling, and drug counseling. Part four examines ethical and legal issues and offers exercises on how to incorporate research into one's personal development and how to obtain closure. (RJM)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****